

What is claimed is:

1. A health food product comprising cholic acid.
2. The health food product of claim 1 wherein
at least one member selected from isoflavones and isoflavone
glycosides is comprised.

3. The health food product of claim 2 wherein
the isoflavones are soybean isoflavones and the isoflavone
glycosides are soybean isoflavone glycosides.

4. The health food product according to any of
claims 1 to 3 wherein a vitamin is admixed.

5. The health food product according to any of
claims 1 to 4 wherein at least one member selected from crude
drugs is admixed.

6. The health food product according to any of
claims 1 to 5 wherein the crude drug is one or more members
selected from the group consisting of Ginseng (Panax Ginseng or
Ginseng Radix), Codonopsis Radix, Pseudostellariae Radix,
American Ginseng, Astragali Radix, Atractylodis Rhizoma,
Dioscoreae Rhizoma, Glycyrrhia (Glycyrrhizae Radix), Jujube
Fruit (Zizyphi Fructus, Zizyphus vulgaris), Dulcium (malt
sugar derived from Oryza seed), Polygonati Rhizoma, and
四葉參（シヨウジン） ("SHI-YO-U-JIN" as pronounced in Japanese).

7. The health food product according to any of
claims 1 to 6 wherein the crude drug is one or more members
selected from the group consisting of Crataegi Fructus, Massa
Medicata Fermentata, Raphani Semen, Fructus Hordei Germinatus,
穀芽（コクガ） ("KOKU-GA" as pronounced in Japanese; Fructus
Oryzae Germinatus), Galli Stomachichum Corium, and Asa Foetida.

10001000-36482860